



	BREAKFAST	LUNCH	DINNER
<b>Mon</b> ~140g protein	<b>GF protein oats</b> GF oats, soya milk, scoop protein, chia, berries	<b>Tofu rice bowl</b> 200g tofu, rice, edamame, peppers, tamari-sesame	<b>Chickpea curry &amp; rice</b> Chickpeas, spinach, coconut, tomato, basmati
<b>Tue</b> ~135g protein	<b>Tofu scramble &amp; potato</b> 200g tofu, turmeric, spinach, sautéed potatoes	<b>Quinoa &amp; black bean salad</b> Quinoa, black beans, corn, avocado, lime-coriander	<b>Tamari tofu stir-fry</b> Tofu, rice noodles, pak choi, edamame, tamari
<b>Wed</b> ~130g protein	<b>Berry protein smoothie</b> Soya milk, banana, GF oats, scoop protein, PB	<b>Loaded sweet potato</b> Baked sweet potato, black beans, guac, salad	<b>Tempeh traybake</b> 200g tempeh, sweet potato, broccoli, chickpeas, tahini
<b>Thu</b> ~140g protein	<b>Buckwheat porridge</b> Buckwheat, soya milk, scoop protein, banana, seeds	<b>Rice &amp; lentil bowl</b> Puy lentils, rice, roast veg, tahini-lemon	<b>Tofu pad thai</b> Rice noodles, tofu, edamame, beansprouts, tamari-lime
<b>Fri</b> ~125g protein	<b>Chia &amp; yogurt pot</b> Soya yogurt, chia, scoop protein, fruit, GF granola	<b>Big bean salad</b> Mixed beans, quinoa, peppers, olives, herby dressing	<b>Chana saag &amp; rice</b> Chickpea & spinach curry, basmati, coconut yogurt
<b>Sat</b> ~130g protein	<b>Tofu &amp; beans plate</b> Tofu, baked beans, mushrooms, tomato, GF toast	<b>Peanut tofu noodle salad</b> Rice noodles, tofu, edamame, crunchy veg, peanut-lime	<b>Stuffed peppers</b> Peppers, rice, black beans, sweetcorn, vegan cheese
<b>Sun</b> ~130g protein	<b>Smoothie bowl</b> Banana, berries, GF granola, seeds, PB, scoop protein	<b>GF roast</b> Roast potatoes & veg, lentil loaf, greens, GF gravy	<b>Tofu fried rice</b> Tofu, rice, peas, sweetcorn, edamame, tamari

#### SNACKS TO TOP UP

Soya yogurt & berries · protein shake · rice cakes & PB · roasted edamame · corn cakes & hummus · nuts · GF flapjack.

#### PREP ONCE, EAT ALL WEEK

Batch rice, quinoa & lentils · press & marinate tofu · roast veg trays · whisk **tamari** dressings. Always check labels — choose **certified GF oats**.

#### NATURALLY GLUTEN-FREE WINS

Lean on **rice, quinoa, buckwheat, potatoes, lentils, beans, tofu & tempeh**. Swap soy sauce for **tamari**, wheat pasta for rice/corn pasta, bread for GF or corn tortillas.